



NOV. – DEC. 1999 NEWSLETTER

SVBC OFFICERS

President:	
Vice-President: Bob McGovern-Waite	828-0954
Secretary: Eric Aschenbach	574-2798
Treasurer: Marcia Lamphier	289-6712

A LETTER FROM THE VP

Well, the weather is turning a little chilly and we lose an hour of daylight in the afternoon. The leaves are changing colors. What a great time to ride! That probably doesn't make a whole lot of sense, but what the hey. I really haven't found a bad time to ride. OK, maybe during a hurricane would be a bad time to ride, but it's a great time to skate board with a towel tied to your waist as a sail, but that's another story.

I love riding in the cooler weather. Even during the winter. It's amazing how quickly you warm up with all those layers. I haven't been out much this summer and fall. OK, I've hardly been out

at all; but, I am really looking forward to getting out more. I've made an agreement with myself that I will ride at lunch more often. I've got a shower at work and I can shower after the ride. I can get about 12 to 14 miles in and that includes getting dressed before hand and showering and getting dressed after. Yeah, it takes a little longer than an hour, but not much. I'm thinking if I can keep this up for the winter, by spring, I'll be ready to ride more regularly. I might even try to get in a century next year. Now there's a thought.

One of the things I discovered this summer is that the more you weigh, the faster you go down hill.

I love going fast down hill and so I've used this to my advantage. Now there are probably some of you out there who are saying to yourself that I didn't need to go faster down hill. You may be right because I've also discovered that going uphill is much more difficult. Hmmmmm....

Well, until next time, I hope to see you out there on your bike. Remember, wave as you pass by and if it looks like I'm having trouble getting up those hills, I am. But just wait until this spring!

Bob

TRAIL MAINTENANCE

Every year a group of us do a lot of work with the George Washington National Forest. This year we would like to meet and exceed our goal of 500 volunteer trails hours. We have already reached 200, so we believe this will be no problem.

We will be doing trail maintenance twice more in November. It is focused for all user groups. We will be leaving the Food Lion parking lot on South 42 at 9:00 a.m. the second and fourth Saturdays of the month.

The contact person is Thomas Jenkins. He can be reached at 434-9943 or e-mail tjhughjass@aol.com.

Thanks!

UPCOMING MEETINGS

November 8	7:00pm	Monthly meeting at the Valley Wellness Center.
December 13	7:00pm	Monthly meeting at the Valley Wellness Center.

Mark's Bike Shop, Blue Ridge CycleWorks, and Mole Hill Bikes
all contribute to the cost of the monthly newsletters.

Please support these local shops.
(Also underwritten by R.R. Donnelley & Sons Company)

SEPTEMBER MEETING MINUTES

The pre-meeting ride had a whopping three participants: Bob, Carl, and Marcia. All right, I am as guilty as the rest of you because I did not make it either. In old business the Shenandoah Valley Century was a smashing success. We had a great turnout, and great food and support from our sponsors. Look for a complete Century wrap-up from Art in this issue or next month. The Treasurer's report was \$3186.50, but this does not include expenses we may have incurred from the Century. Dan Finseth and Len VanWyk are

still investigating the club jersey idea. Please call Dan if you have any constructive input and are willing to help with the project.

In new business, the Waynesboro Century has been rescheduled due to one of those hurricanes, and will have already been held by the time that you read this newsletter. In advocacy news, Len is working on the planning group for the Bike Plan, so check out his column for the complete update.

Eric

WELCOME NEW MEMBERS

Larry Kelley
Madison & Dorothy McCall
Robert Porter

Harrisonburg
Charlottesville
Harrisonburg

WELCOME BACK RETURNING MEMBERS

Sandy Brownscombe
Judy Freudenthal
Tom Mayer
Zack Perdue
Alice Stecker

Harrisonburg
Harrisonburg
McGaheysville
Harrisonburg
Harrisonburg

Thanks to all the above for your continued support of the Club.

JERSEYS

There has been some interest in having a bike club jersey and a committee has been formed. Sue Gier has called and e-mailed a number of bike clubs and asked if they had a club jersey. If so, what kind and how was it made, etc. Almost all of the responses were that sublimated as opposed to silk-screened jerseys is the only way to go. We are looking at acquiring the services of a graphic artist to design the jersey. Anyone out there have any ideas? If so, please give me a call and let's talk. I'm hoping to get a couple of different designs and see if we can't reach a decision on one we like. After that, it'll be getting prices and taking orders. Cool!

Bob

OF ELECTRICITY AND BIKES

About a month ago I dropped off the monthly newsletters to Mole Hill Bikes and noticed quite a different looking bicycle. Gerald explained that it was an electric bike. But not entirely. The battery kicked in to help you as you pedaled, but would not drive you on its own. He then allowed me to ride the bike. I

must say, it was quite interesting. The bike has a 400-watt motor with a battery that can be recharged in about four hours. All for under \$1,000. Check it out the next time you stop in the shop.

Neups

SVBC ACTIVITY COORDINATORS

<u>Century</u>	Art Fovargue	433-9247	<u>Newsletter</u>	Neups	434-1878
<u>Rides</u>	Bill Taylor	433-7154	<u>Time Trial</u>	needed	
	<u>Advocacy</u>	Len VanWyk	432-0138		
	Web page	http://www.math.jmu.edu/~vanwyk/svbc/			

CLASSIFIEDS

FOR SALE: GT Pro Freestyle Tour, Cro-Mo frame, perfect condition, \$375 to start. Call 248-5810.

FOR RENT: Tricosports bike case/carrier. Good for transporting your bike on plane, train, or bus anywhere in the world. Contact Dick Wettstone at 434-9430 (work) or 433-4884 (home).

FOR SALE: 1980 red, men's Panasonic 10-speed 26-inch. In good condition, but needs tires. \$50. Call Scott or Diane at 248-5810.

WANNABES

Are you a C-pace rider (10 to 12 mph) who would like to become faster, smoother, and/or more efficient but you're not really sure how to accomplish your goals? Then come out and join these rides. Together, we will work, train, and have a good time on our bikes and, hopefully, help you meet your cycling goals. We will talk about some of the ways that may improve your riding skills and your speed - techniques that have worked for the leaders and that they continue to use. We will share with each other our experiences and help each other to become better riders. The rides will start at a C-pace with a distance of about 10-15 miles. Periodically, during each ride, the speed will be increased for a short time. At later rides, the speed and/or distance will gradually increase (along with a more challenging terrain) based on the needs of the group. These rides are learning/training rides but also FUN rides and at no time will anyone be dropped. So come out, train, and learn. We promise that everyone will learn at least one new way to improve your cycling skills. Call Bob McGovern-Waite at 828-0954 or Bill Taylor at 433-7154 for more information.

WEEKLY WORLD NEWS

I hate to admit this, but I actually picked up a copy of the *Weekly World News* the other day. I had to. One of the headline articles was about America's first all-nude bicycle race. With pictures! Supposedly, 350 riders started in San Francisco and rode to New York. And it all happened in October. Well, the pictures were all censored, so I crapped out there. And to believe one would ride in the colder weather without any protection would be a stretch. I don't even want to talk about saddle sores!

CYCLING ON TV

Tune in to the Golden Circle Tour through Alaska and Canada on the Discovery Channel. The show will premiere on the Discovery Channel November 14th at 8pm and 11pm East Coast Time, and show again on November 20th at 12pm East Coast Time. The 360-mile tour covers some of the most scenic wilderness that Alaska and Canada have to offer! You'll love it; it's a great ride!

Check them out on the tube and at their web site, cyclealaska.com.

SCHEDULE OF EVENTS

Helmets are required on all **club rides**.

SUNDAYS

9am. Road Rides. Dan Finseth will be leading rides from Bridgewater College, weather permitting. About 40 miles at a B pace. No one gets dropped. Call him for more information at 438-8063, e-mail dafinseth@rockinghamgroup.com, or Rich Harris at 828-2380, e-mail harrisra@jmu.edu.

NOVEMBER 6

Adopt-a-Highway Trash Pick-up and Ride. We'll do our trash pick-up first, starting at the Penn Laird Post Office on Route 33 (just west of Keezletown). Following the pick-up, we will meet at Montevideo School for a 30-mile ride. For more details, contact Neups or Marcia.

November 6

Mattamuskeet Fun Ride. Swan Quarter, NC. 9am. Routes of 35, 45, 55, or 70 miles. Call 1-888-HYDE-VAN or e-mail hydecocc@beachlink.com for more information.

Various Ultimate Bicycle Tours has a variety of trips this year, including Alaska, Russia, and China. Call 1-800-347-6136 for more information.

June 2-5, 2000 LAB Covered Bridge Rally, Bloomsburg, PA.
June 2-July 7, 2000 Bike South 2000. Tallahassee, FL to Charlottesville, VA.
June 30-July 3, 2000 LAB Minnesota Lakes and Rivers Rally, St. Paul, MN.
August 18-21, 2000 LAB Cascades to the Coast Rally, Bellingham, WA.

1998 MILEAGES



Marcia Lamphier	6,533	David Knicely	2,888
Neups	5,554	Eric Aschenbach	2,835
Bill Painter	4,015	Ellen Painter	2,670
Mark Eckroth	3,356	Hank Schiefer	2,103
Mahlon Webb	3,202	Larry Grossman	1,750
Zack Perdue	3,168	Alice Webb	1,580
Becky Matheny	2,992	Scott Ripley	667

If you have your 1998 total, call, e-mail, or fax Neups to have it listed.

DUES

Remember to pay your dues when the date on your mailing label is either highlighted or marked through. The newsletter deadline is the third Monday of each month, so have your check in before then.

MEMBERSHIPS EXPIRING NOV-DEC/Jan-Feb

Dan Finseth & Betsy Hayes	Chris Hamilton	Marshall Hammond
Janell Hofmeister	Blair Holl	Leslie & Riley Sebers
Al & Sue Clague & Family	Sue Gier	Jean Johnson
Matt Madden	John Maxfield	Len VanWyk

REMEMBER that the Newsletter is available for delivery via e-mail, fax, or regular mail. The same can be said for articles submitted for the Newsletter. The deadline for articles is the second to last Monday of the month. Just e-mail to Neups at neups@shentel.net or fax articles to 564-9505. You may use the Club's P.O. Box 1014 for regular mail. Thanks.

SPECIAL OFFER

A nerd was walking on campus one day when his friend, another nerd, rode up on an incredible shiny new bicycle.

The first nerd was stunned and asked, "Where did you get such a nice bike?"

The second nerd replied, "Well, yesterday I was walking home minding my own business when a beautiful woman rode up to me on this bike. She threw the bike to the ground, took off all her clothes and said, "Take what you want!"

The second nerd nodded approvingly, "Good choice. The clothes probably wouldn't have fit."

Fueled by Fat

For the long haul, carbs are not the whole story

By Nancy Clark, MS, RD

A common dietary mistake made by well-meaning cyclists relates to fat. I routinely see cyclists who are restricting dietary fat in the name of improving their health. This seemingly worthy cause often backfires. Ironically, those who restrict their diets the most tend to create other problems: reduced performance and poorer health due to inadequate intake of protein, iron, zinc, and calories.

Gina, a touring cyclist I recently counseled, reported she was a vegetarian-an for "health reasons." She had eliminated red meats, chicken, and fish from her diet, and had replaced these calories with lots of bagels and pasta. She failed to add alternative sources of protein, retorting "I don't like tofu. Beans make me gassy. And I hate milk." Her meatless diet was lower in fat and cholesterol, but it was also unbalanced, less healthful, and deficient in high-quality protein, as well as iron, zinc, and calcium. No wonder she reported fatigue, lingering colds, and poor recovery from long rides.

So should you avoid fat for health reasons? This question was highlighted at a recent sports nutrition conference sponsored by SCAN (the Sports and Cardiovascular Nutrition division of the American Dietetic Association). Speaking at the St. Louis meeting, Dr. David Pendergast from the University of Buffalo reported that fat is not only an important source of fuel for athletes, but that fat can also improve the level of "good" (HDL) cholesterol.

Dr. Pendergast studied runners who typically ate an extremely low fat diet (16% of total calories). Adding more fat back into their meals, initially to 30% of total calories, as recommended by the American Heart Association, and then to 42% of total calories (a very high fat diet), the runners not only improved their endurance by 14%, but also experienced positive changes in blood lipids that reduced their risk of heart disease. Their "good" HDL cholesterol actually jumped about 20 mg/dl. Their immune system status also improved.

As the runners increased their fat intake, they also significantly increased their calorie intake (from 1,700 to 2,700 calories for the women, and from 2,300 to 3,300 calories for the men). To their amazement, their weight and body fat stayed the same. This suggests their bodies had been compensating for their previous restricted calorie intake by con-serving energy (as can be experienced with a lower basal metabolic rate, general lethargy apart from purposeful exercise, nagging hunger, and chronically cold hands and feet).

This study clearly negates the "eat fat, get fat" myth that is popular among weight-conscious athletes. The subjects' weight stayed the same regardless of almost tripling their fat intake! Yes, excess calories of fat can promote obesity in unfit people who are genetically predisposed to obesity, but athletes who balance energy intake and expenditure do not get fat when they eat fat. This study does not mean you should abandon all fat restrictions. Diet is very powerful and can elicit strong effects on your heart health. Dr. Penny Kris-Etherton from Penn State University, a speaker at the SCAN conference, recommends each individual consult with a registered dietitian for a "fat prescription" appropriate for the persons' genetic history of heart disease and personal blood lipid levels.

For most healthy athletes, a likely target is to reduce total fat intake to 25 to 30% of daily calories (about 50 to 80 grams of total fat/day), and saturated fat intake to 10% or less of total calories. This means eating less fat from meats and cheeses, and instead choosing fat from olive oil, nuts, and tofu. The foundation of your sports diet should remain carbohydrates, but only when they are eaten in balance with protein and fat. |

Nancy Clark, MS, RD, former TransAmerica tour leader, is nutrition counselor at Boston-area's Sports Medicine Brookline. Her popular book, "Nancy Clark's Sports Nutrition Guidebook, Second Edition" (Human Kinetics, 1997) offers additional information. If you want personalized nutrition advice, find a SCAN sports nutritionist in your area by calling the American Dietetic Association's referral network at 800- 366-1655.